CLAIMS

1. A stackable insulating foam panel having a top side and a bottom side each including a median row of alternating projections and recesses having a similar complementary shape, the median row being disposed between two coplanar edge surfaces, each projection of the top side being opposed to a recess of the bottom side whereby the top side and/or the bottom side of the panel can be interconnected with either the top side or the bottom side of a like panel.

2. A foam panel according to claim 1, wherein the similar complementary shape of the projections and the recesses is generally rectangular.

3. A foam panel according to claim 2, wherein the projections have rounded-corners.

4. A foam panel according to claim 3, wherein each of the projections and the recesses has two opposite substantially convex lateral sides.

5. A wall form assembly for receiving a flowable material comprising:

- a first and a second opposed foam panels in parallel relationship; and

- a plurality of connectors hingedly tying together the first and second foam panels, whereby the tied foam panels are movable between an extended position where the foam panels are spaced-apart to make the form and a collapsed position where the foam panels are brought close to each other, and wherein

each of the first panel and the second panel has a top side and a bottom side each including a single median row of alternating projections and recesses having a similar complementary shape, the median row being disposed between two coplanar edge surfaces , each projection and recess

of the top side of one panel being opposed respectively to a recess and a projection of the bottom side of the same panel and facing a recess of the other panel when the panels are in the extended position whereby the panels in the extended position can be interconnected with a like pair of panels.

6. A wall form assembly according to claim 5, wherein the similar complementary shape of the projections and the recesses of each panel is generally rectangular.

7. A wall form assembly according to claim 6, wherein the projections have rounded-corners.

8. A wall form assembly according to claim 7, wherein each of the projections and the recesses has two opposite substantially convex lateral sides.

9. A wall assembly according to claim 5, wherein the connector comprises:

- a pair of anchor members, one being devised to be embedded in the first foam panels and the other being devised to be embedded in the second foam panels, each anchor member having:

  an elongated flange plate extending longitudinally and deep inside the foam panel; and

  an elongated link element connected longitudinally to the flange plate and having a projecting end coming out of the foam panel, and

- a web member extending between the first and the second foam panels, the web member having opposite longitudinal side ends, each of said ends being hingedly connectable to said projecting end of either one of said anchor members;

whereby the foam panels are tied together by connecting one side end of the web member to the projecting end of one of said anchor members and the other side end of the web member to the projecting end of the other anchor member, the tied foam panels being thereby movable between an extended position where the foam panels are spaced-apart to make the form and a collapsed position where the foam panels are brought close to each other.

10. A wall assembly according to claim 9, wherein the projecting end of each anchor member comprises a stabilising plate parallel to the flange plate extending flush with an inner surface of the foam panel.

11. A wall assembly according to claim 10, wherein

the projecting end of each anchor member comprises a plurality of connecting elements disposed on the stabilising plate, each connecting element having two aligned ridges projecting from the stabilising plate and defining a longitudinal sleeve therebetween, and a joining pin longitudinally mountable in said sleeve; and

each longitudinal side end of the web member defines a plurality of arms for cooperating with each of the connecting elements, each arm having an extremity connectable to the joining pin of a corresponding connecting element so as to be rotatable around an axis defined by said joining pin, thereby allowing the web member and anchor member to pivot with respect to each other.

12. A wall assembly according to claim 11, wherein the ridges of each connecting element each have a pin-receiving hole therein facing inwardly of the sleeve for receiving an end of the joining pin.

13. A wall assembly according to claim 12, wherein the extremity of each arm of the longitudinal side end of the web member has a bore therein to receive the pin.